

Book 45Herbal Medicine

1. The importance of having a herbal medicine Doctor can not be stressed enough. Even if it be through books, or having one abroad from your country, it is of almost importance to have a herbahist to consult your medical problems, so that they can prescribe the recommended doses/dosages and the recommended herbs for all your conditions.

2. You must also be willing to read up on herbal medicine, an herbe use, of the herbs which you have been prescribed, so that you know how they what effect they have on your health, on your healing on your body and